

September is National Senior Center Month 2015 Theme: Celebrate LIFE

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Strength Training Classes are held Tuesday & Thursday at 9:00 am at the Brunswick City Park. 1st class is FREE!		9:00 Strength Tr 10:30 Wii Bowling 1:00 Who Am I?	10:30 Sit & Be Fit 12:30 Birthday Cake & Ice Cream 12:45 "Snack" BINGO	9:00 Strength Tr. 10:30 Wii Bowling 11:45 Nutrition Minute	10:15 Card Games 11:00 Wii Bowling 1:00 Local Shopping	<div> Department of Aging sponsored trips for September: 9/11 – The Mannings 9/18 – Wildwood These trips leave from the Frederick Senior Center on Taney Avenue. For more details about trips please see trip flyer or call for more details 301-600-1605 </div>
	Center Closed 	9:00 Strength Tr 10:30 Wii Bowling 12:00 Church Lunch 12:30 Word Games 5:30 PIZZA & Card Party	10:30 Sit & Be Fit 11:00 Nurse Steve "Depression" Blood Pressure Screening 12:45 "Lunch bag" BINGO	9:00 Strength Tr. 10:30 Wii Bowling 1:00 Craft Project at Frederick Senior Center	10:00 am Wal-Mart Shopping Trip Charlestown, WV	
	Center Closed <small>Rosh Hashanah</small>	Frederick Senior Center Picnic 10:00 – 3:00	10:30 Sit & Be Fit 11:30 Lunch out with Friends	9:00 Strength Tr. 10:30 Wii Bowling Creativity Corner Fall Rag Wreath 6:00 Dinner & Dance *Held at the Brunswick Eagles Club	10:15 Card Games 11:00 Wii Bowling 12:00 Waffle Bar for lunch 1:00 Local Shopping	
<u>Celebrate Senior Center Week</u>	Center Closed	Fall Prevention Day <i>Special events all day Flu Shots, Awareness Education, & Demonstrations</i> 5:30 Picnic Dinner & Card Party	Bring a friend today! 11:00 Musical entertainment 12:00 Friendship Soup with lunch 12:45 Blotter BINGO w/special games <small>Autumn Begins Yom Kippur</small>	9:00 Strength Tr. 10:30 Wii Bowling Let's Move 11:00 FREE Exercise 1:00 Afternoon stroll	Senior Celebration Luncheon & Entertainment *Held at Frederick Senior Center	
	Center Closed <small>Sukkot</small>	9:00 Strength Tr 10:30 Wii Bowling 1:00 Cooking Corner Butterscotch cookies	10:30 Sit & Be Fit 11:30 BP Self-check 12:45 "Canned Soup" Bingo	<div> </div>		